

# Get into ***ACTION*** with **POWER FOODS**



## What to Eat **Before** *Exercise*

- Performance meals are made up of plenty of carbohydrate power foods like vegetables, pasta, rice, breads, and fruits.
- Greasy meals before exercising can make you feel sluggish and may cause indigestion or vomiting.
- Water is the best fluid to drink. Drink 2-3 cups up to 1/2 hour before exercising and 1/2 cup every 15 minutes during exercise. Drink before you become thirsty. Drink small amounts of water frequently to avoid cramping.
- Drink real fruit or vegetable juices instead of soda or sugar sweetened drinks. Dilute fruit juice by adding 1-1/2 to 2 cups of water for every 1/2 cup juice.
- Eating sugary foods such as candy bars before exercise does not provide lasting energy.

## What to Eat **After** *Exercise*

- As soon as you finish exercising, drink water or fruit juice to make up for water lost in sweat.
- Eat fresh fruits, vegetables, breads and cereals right after exercise to help you to replace energy and important vitamins and minerals.

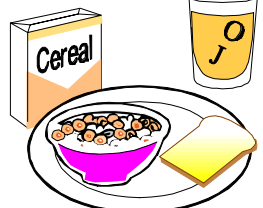
## Power Foods Anytime

Getting into action with nutritious power meals and snacks is a good idea anytime. Whether it's before or after exercise or before/after school, wise food choices can give you the performance edge you need.

## Sample Meals and Snacks for Young Athletes

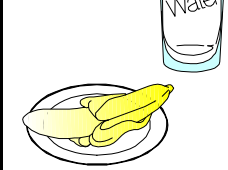
1 bowl corn flakes with  
1% Lowfat milk  
1 slice toast  
1 small glass orange juice

### BREAKFAST



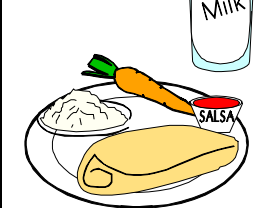
1 banana  
1 large glass water

### SNACK



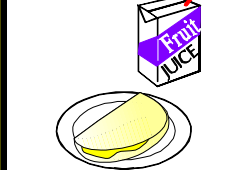
1 bean burrito with salsa  
1/2 cup rice  
carrot sticks  
1 cup 1% Lowfat milk

### LUNCH



1 quesadilla with  
corn tortilla  
1 fruit juice box

### SNACK



1 plate spaghetti  
1 small garden salad  
1/2 cup cooked broccoli  
1 slice wheat bread  
1 cup 1% Lowfat milk

### DINNER



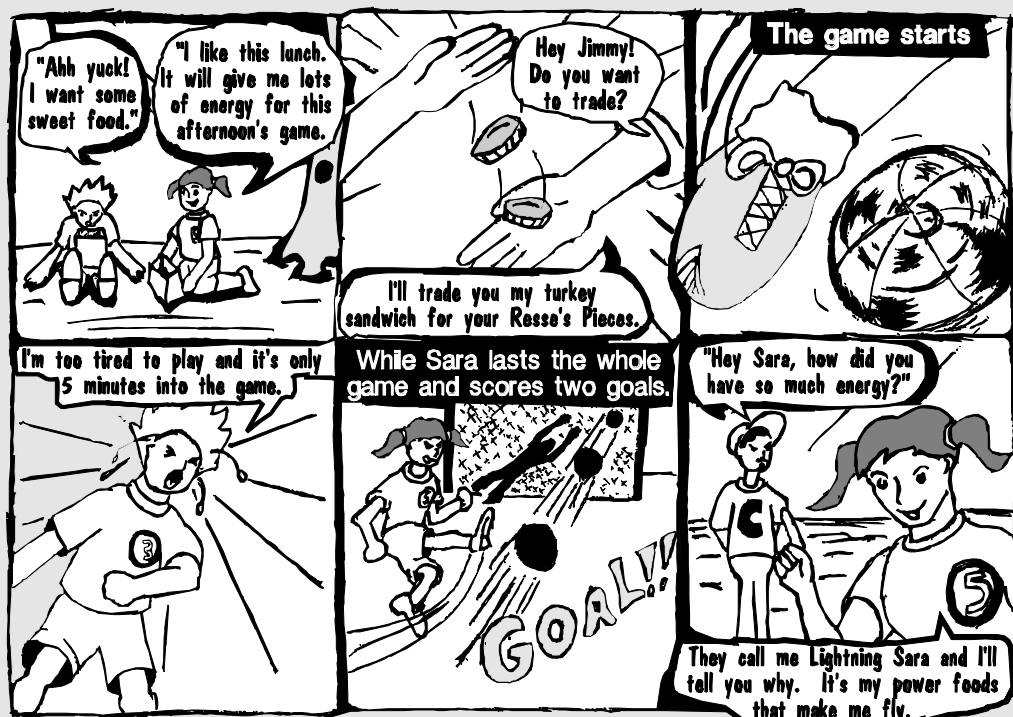
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## Eating Before and After Exercise

Nutritious meals and snacks before and after exercise can make the difference in a young athlete's performance.

## Warming Up With Power Foods



### 3-4 Hours Before

Fruit or vegetable juice,  
Fresh fruit, Breads, Bagels,  
English muffins, Peanut  
butter, Lean meat, Low-fat  
yogurt, Baked potato,  
Cereal with low-fat (1%) milk,  
Pasta with tomato sauce

### 2-3 Hours Before

Fruit or vegetable juice,  
Fresh fruit, Breads, Bagels,  
English muffins, No margarine  
or cream cheese

### 1-2 Hours Before

Fruit or vegetable juice,  
Fresh fruit (low fiber, such  
as, melon, cherries, peaches)

## Power Snacks To Refuel With:

### Fruits and Vegetables

Banana, Orange,  
Grapes, Raisins,  
Fig bars, Carrots,  
Cucumbers

### Bread, Cereal, Rice, and Pasta Group

Muffins, Graham or  
soda crackers,  
Pretzels, Bagels,  
Dry cereal  
(unsweetened),  
Whole grain bread

### Milk Products

Yogurt, Low-fat or  
nonfat milk

### Fluids

Water (2-4 cups or more)  
Fruit juice (diluted,  
non-sweetened)



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